

BERA Recreation Fitness Program

May - June 2017

ADVANCE REGISTRATION IS REQUIRED FOR THE FOLLOWING CLASSES LISTED BELOW:

\$50 – Any one day of class per week

\$70 – Any two days of class per week

\$80 – Any three days of class per week

Please register on or before April 27, 2017

AQUA AEROBICS (\$35 for 4 classes/\$50 for 8 classes)

5:30-6:30pm - Pool, Bldg 478

Tuesday: May 2, 9, 16 & 23

Thursday: May 4, 11, 18 & 25

PILATES

5:30-6:30pm – Rec Hall, Bldg 317

Monday: May 1, 8, 15, 22, (NO 29), June 5, 12 & 26

YOGA - Intermediate

12:00-1:00pm – Rec Hall, Bldg 317

Tuesday: May (NO 2), 9, 16, 23, 30, June 6, 13 & 20

YOGA - Intermediate Plus *NEW class

12:00-1:00pm – Rec Hall, Bldg 317

Thursday: May (NO 4), 11, 18, 25, June 1, 8, 15 & 22

ZUMBA

5:30-6:30pm – Rec Hall, Bldg 317

Wednesday: May 3, 10, 17, 24, 30, June (NO 7), 14 & 21

~~~~~ The activities listed below do not require any registration ~~~~~

\$\$ PAY AS YOU GO:

- **Kardio Kickboxing** - contact Recreation Office x2873
Mon & Thurs @ 12:15-1:00pm - Gym (Bldg 461)
\$5 per class

FREE, FREE, FREE:

- **Reiki Healing Circle** - contact Nicole Bernholc, x2027
Thursday @ 12 Noon - email bernholc@bnl.gov for location

Tai Chi - contact A. Rusek, x5830 - Great for balance and strengthening!

Mon, Tues, Thurs & Fri @ 12 Noon - Brookhaven Center, North Room (Bldg 30)

Yoga - contact Penka Novakova, penka@bnl.gov

Wednesday @ 12 Noon - Brookhaven Center, North Room (Bldg 30)

----- Complete and return with your registration fee on or before April 27, 2017 -----

2017 BERA RECREATION FITNESS REGISTRATION

Aqua Aerobics, Pilates, Yoga-Beginner, Yoga-Intermediate and Zumba!!

May - June 2017

1st Activity: _____ **2nd Activity:** _____

3rd Activity: _____ **Fee Paid** _____

Name: _____ **BNL Life/Guest Number:** _____
(Please Print)

Phone Number: _____ **Email address:** _____

MUST PROVIDE: Emergency Contact Person and Phone Number

Make checks payable to BERA OR exact cash only, and mail to: Recreation Office, Bldg 400A

Proof of Medical Insurance is required for all Guests/Users & Family Members, come to Recreation Office (400A) to present insurance card **Please check with your physician before starting any fitness program.